

# Season Without Salt

## for Meat, Poultry, Fish, Eggs

**Beef** bay leaf, green pepper, garlic powder, marjoram, mushrooms, nutmeg, onion, sage or thyme

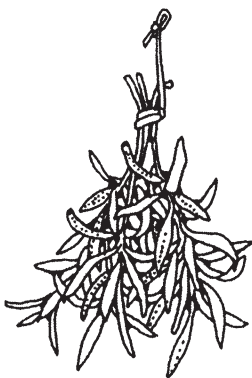
**Chicken** chili powder, cranberries, dry mustard, garlic, mushrooms, paprika, parsley, poultry seasoning, sage, tarragon or thyme

**Pork** garlic, marjoram, onion, oregano, pepper, rosemary, sage or thyme

**Veal** basil, bay leaf, curry powder, ginger, marjoram, mint, oregano, paprika, rosemary, sage or tarragon

**Fish** bay leaf, curry powder, dry mustard, green pepper, lemon juice, marjoram, mint, mushrooms, paprika, pepper, sage, tarragon or thyme

**Eggs** basil, dry mustard, green pepper, marjoram, mushrooms, onion, paprika, parsley, rosemary or thyme



TARRAGON



SAGE



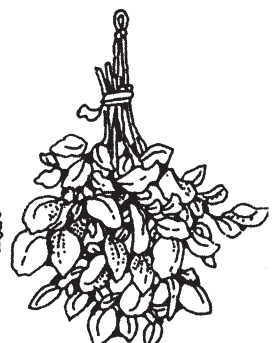
MINT



THYME



PARSLEY



BASIL

# for Vegetables



*Asparagus*    lemon juice, onion or pepper

*Beets*    cloves, ginger, lemon juice, tarragon or thyme

*Broccoli*    lemon juice, oregano or pepper

*Carrots*    cinnamon, ginger, marjoram, mint, nutmeg, parsley, sage or thyme

*Corn*    green pepper or pimento

*Cabbage*    fennel, marjoram, mint, oregano, pepper or tarragon

*Green beans*    dill seed, lemon juice, marjoram, mint, nutmeg, oregano, rosemary, tarragon or thyme

*Eggplant*    basil, garlic, onion, sage or thyme

*Onions*    basil, sage or thyme

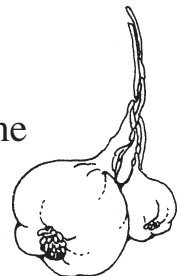
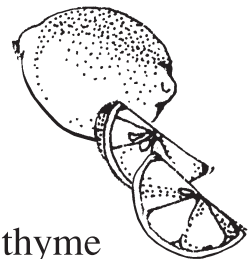
*Peas*    green pepper, marjoram, onion, rosemary, sage or thyme

*Potatoes*    basil, green pepper, mace, mint, onion, parsley, paprika, rosemary or thyme

*Spinach*    garlic, lemon juice or onion

*Squash*    basil, cinnamon, garlic, ginger, mace, nutmeg or onion

*Tomatoes*    basil, bay leaf, marjoram, onion, oregano, sage or thyme



## Seasoning Mixture

chili powder	1 tsp
garlic powder	1 Tbsp
dry mustard	2 Tbsp
onion powder	6 Tbsp
ground oregano	2 tsp
paprika	3 Tbsp
black pepper	2 tsp
poultry seasoning	1 Tbsp

Directions: Mix together and store in an airtight container.

tsp = teaspoon

Tbsp = tablespoon



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